

Allen R. Baca Center

Summer Group Exercise Schedule

The Allen R. Baca Center values health and exercise and provides group exercise classes to our members with WEIGHT ROOM for FREE! Non-Members must pay the drop in rate of \$3/class. All participants must have a pass to enter. Please be courteous and respectful to other participants and our instructors by being early to class. Class participation is limited based on space & equipment. Thank you & enjoy the Group Exercise classes at The Allen R. Baca Center!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Training 8:30 -9:15 am Patty Meeting Room 2 Max 20 Flex & Stretch 9:20-9:35 Patty Meeting Room 2 Max 20 Strength Training 9:40 –10:25 am Patty Meeting Room 2 Max 20 Flex & Stretch 10:30—10:45am Patty Meeting Room 2 Max 20	Cardio Combo Level 1 9:00-10:00 am Selve Aerobics Room Max 24 Balanced Life 9:30-10:00am Kathy Grand Mtg. Room Max 24 Cardio Combo Level 2 10:15-11:15 am Kathy Aerobics Room Max 24	Strength Training 8:30-9:15 am Patty Meeting Room 2 Max 20 Flex & Stretch 9:20-9:35 Patty Meeting Room 2 Max 20 Strength Training 9:40-10:25 am Patty Meeting Room 2 Max 20 Flex & Stretch 10:30-10:45am Patty Meeting Room 2 Max 20 Weight Room Orientation 11:00-12:00pm (1st & 3rd Wed.) Zumba 10:10-11:00 am Selve	Cardio Combo Level 1 9:00-10:00 am Selve Aerobics Room Max 24 Cardio Combo Level 2 10:15-11:15 am Judy Aerobics Room Max 24	Belly Dance Fitness 9:00-9:45 am Selve (Starts July 1st) <u>\$ Strength +Plus+ \$</u> 9:00-10:00am Meeting Room 2 Patty Max 15	Zumba 10:30-11:30 am Selve

BELLY DANCE FITNESS: This non-stop multi-level class is great for those looking for a fun and empowering Belly Dance experience. The movements involved will sculpt and firm your body, while increasing your stamina and grace, all without stress and fatigue.

CARDIO COMBO: Is a total body, low-impact exercise class for active individuals 50+ that combines great music, a little sweat, and a lot of fun! 30 minutes of cardio followed by 20 minutes of toning and stretching. Level 1 is high and low intensity, low impact. Level 2 is high and low intensity, high and low impact.

STRENGTH TRAINING: This class strengthens your entire body. This 45-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

ZUMBA: A fusion of Latin dance rhythms featuring interval training using fast and slow motions.

WEIGHT ROOM ORIENTATIONS: Are offer every 1st and 3rd Wednesday of the month from 10:30 AM to 11:00 AM in the Weight Room.

FLEX & STRETCH: A great way to loosen up those sore muscles, aches and pains with a full body stretching session.

BALANCED LIFE: This 30 minute class is designed to gain range of motion that will encourage an easier everyday life. It helps to work the muscles through relaxation and core strength.

STRENGTH +PLUS+: Do you want results? Then come try our this numbers driven class that allows your to reach goals you never thought possible!
 (\$ \$3 drop in fee required(\$)

Group Exercise Class Guidelines

1. Tickets for Group Exercise Classes will be handed out 30 minutes before class starts. Check in and receive your ticket at the Baca Center front desk. You may not receive tickets for multiple classes at one time.
2. Baca members must present their membership card to validate a current membership. Baca non-members will pay the drop in rate of \$3/class.
3. There must be a minimum of 4 participants in class; If class minimums are not met, class will be cancelled.
4. Participants must give their group ex ticket to the instructor at the beginning of class; Participants without a ticket will not be able to attend a Group